

# Alcohol Can Harm the Way Your Baby Learns and Behaves.



Have a  
Be an **healthy** baby.  
**alcohol-free**  
mother-to-be.



**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

## You can prevent problems for your baby that cannot be cured.

**W**hen you're pregnant, there is no known safe level of alcohol. Everything you drink goes into your bloodstream and passes to your baby.

Children whose mothers drink alcohol can be born small. They can have trouble eating and sleeping. They can have problems learning and paying attention. Some may even need lifelong medical care.

It's the same for all mothers- and fathers-to-be. You can protect your baby's future and your own future.

**For information call SAMHSA's FASD  
Center for Excellence Information  
Resource Center: (866) STOP-FAS.**